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the precipitating factor if one can be identified. Patient triage and disposition is based on the estimated risk, utilizing an observation unit if necessary and assuring continued care in the outpatient setting.

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## References

References are available as [supplementary material](#) at *European Heart Journal* online.

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# Young Cardiologist Researchers in Kemerovo

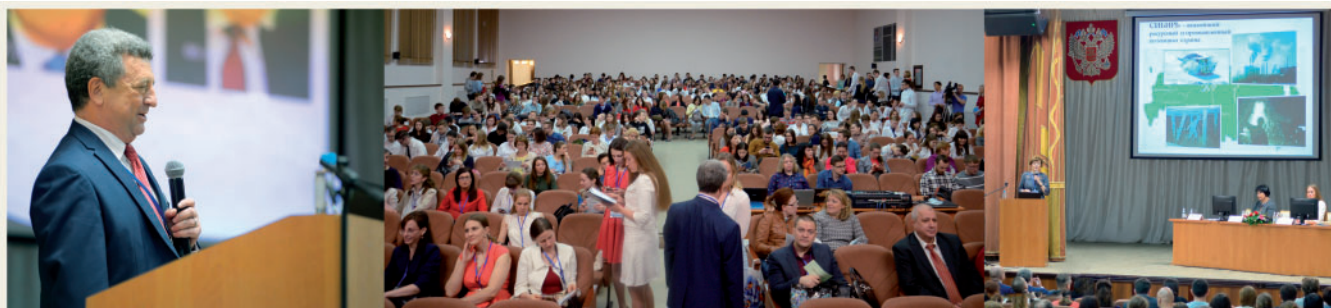
## A brief summary of the Forum of Young Cardiologists in the Russian Research Session “Preventive Cardiology and Current Cardiovascular Research”, Kemerovo, 2018: the view of a young investigator



The Forum of Young Cardiologists in the Russian Research Session ‘Preventive Cardiology and Current Cardiovascular Research’ has recently been held in Kemerovo, a capital of the industrial region of Southwestern Siberia. The Forum was attended by scientists not only from Russia, but also from the Ukraine and Belarus. The first day of the Forum coincided with the ‘National Wear Red Day’, which commemorates the struggle with heart disease in women, and most of the organizers and guests of the event came wearing red.

That day included critical discussions on cardiovascular epidemiology, important aspects of diagnosis, primary and secondary prevention, rehabilitation in cardiovascular diseases, and current trends in the treatment of arterial hypertension as well as case reports, reflecting the compliance with the guidelines in real clinical practice and various master classes to improve practical skills.

At the end of the day, conference participants could have been inspired by the ‘true’ Kuzbass (an alternative name of the



**Speakers and participants**

Kemerovo Region and an abbreviation for the Kuznetsk Coal Basin) by a visit to the Red Hill National Park located on the steep bank of the Tom River in the former coal mine, where a unique complex of monuments of mining and historical and cultural heritage have been preserved.

The second day of the Forum consisted of a special English-speaking section devoted to the topical issues in both basic cardiovascular science and clinical cardiology. Anton Kutikhin, a head of the Vascular Biology Lab in the Research Institute for Complex Issues of Cardiovascular Diseases (Kemerovo), presented the findings on calcium phosphate bions, a recently uncovered trigger of endothelial injury. Irina Taran, a PhD student from the National Medical Research Centre of Cardiology (Moscow), reported on the vital importance of echocardiography screening and cardiopulmonary exercise testing in

State Medical University presented the first results of a Hospital Registry of patients with acute coronary syndrome in Kemerovo.

The competition of clinical cases, presented by young scientists, was also conducted during the Forum. The most impressive case reports and the winners of the case reports competition were: Trushnikova Ekaterina (Krasnodar) with a report 'Predictors of the course and outcomes of acute renal failure in patients with acute coronary syndrome', Garkina Svetlana PhD., (St. Petersburg) with clinical case 'Spontaneous dissection of coronary arteries in the postpartum period', and Bezdenezhnykh Andrey (Kemerovo) with 'A case from the practice of heart transplantation'.

Importantly, all young researchers I met were cooperative and friendly with many interests in addition to their scientific endeavours. The meeting ended with dinner and entertainment.



**Entertainment during dinner**

the assessment of disease phenotypes and prognosis in patients with idiopathic pulmonary arterial hypertension and chronic thromboembolic pulmonary hypertension.

Further, two mini-lectures on the use of empagliflozin in patients with stable coronary artery disease undergoing elective percutaneous coronary intervention and patient selection for catheter ablation were delivered by Anastasia Kochergina and Vera Grokhotova who represented the Research Institute for Complex Issues of Cardiovascular Diseases (Kemerovo) and Almazov National Medical Research Centre (St. Petersburg), respectively.

Finally, Maxim Shperling—the student from the Kirov Military Medical Academy St. Petersburg, discussed the influence of gut microbiota in the small intestine on the myocardium of rats with experimental heart failure, and Shaleva Veronika—a student from Kemerovo

I would like to express my gratitude to the President of the Russian Society of Cardiology (RSC) Prof Evgeniy V. Shlyakhto, RSC Executive Director Ms Anastasia A. Tanicheva, RSC Working Group of Young Cardiologists, and the Forum organizer Prof Olga L. Barbarash, all of whom created an exciting program covering the main problems of current cardiology and arranged a friendly welcome for each guest. The heart can be treated only by heart.

In 2019, the forum is scheduled to held in Astrakhan.



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